London, here we come

Team Canada's women's basketball team has won a hard-fought berth to the 2012 Summer Olympics, thanks in large part to Huskies women's coach Lisa Thomaidis PAGE 2

NOTHING TO HIDE

CNN ANCHOR ANDERSON COOPER COMES OUT TO THE WORLD IN AN INTERNET POST: 'THE FACT IS, I'M GAY' PAGE 9

REGIONAL metro®

Tuesday, July 3, 2012

News worth sharing.

metronews.ca | twitter.com/metroregina | facebook.com/metroregina

Are Riders the real deal?

Season opener. Fans weigh in on QB Darian Durant and Friday's win over the Ticats

JEFF MACKEY
jeff.mackey@metronews.ca

The CFL season is in full swing and the Saskatchewan Roughriders can hold their heads high after a commanding 43-16 victory on Friday over the Hamilton Tiger-Cats.

The game was Rider Nation's first chance to see their new team in full force and the question fans are asking this week is: "Are we going to be able to keep this pace up all season?"

"Hopefully, the rest of the season goes like this. I don't want to see them run out of steam or something," Riders fan Caroline Mcmanus said. "We need to continue to do what we did on Friday — head in the same direction and not step backwards as we have been known to do in other years."

After going 0-2 in the preseason, the Riders surprised some fans by firing on all cylinders against Andy Fantuz and the Tiger-Cats. One of the biggest bombshells was the solid play of quarterback Darian Durant, who has been criticized recently for under-performing.

"I think he has the No. 1 spot for the season, unless he gets injured," long-time supporter Bill Anderson said. "He had good blocking and Hamilton wasn't able to get to him to put on pressure, and that wasn't the case last year."

Mcmanus agreed. "I have heard some people have their doubts (about Durant), but I think he will be able to hold on and see the season through, hopefully, all the way to the Grey Cup," she said.

The Riders take on the Edmonton Eskimos on Sunday. The Eskimos looked sharp against Toronto this weekend, but the Riders could prove a more difficult opponent.

"If they play as well as they did against Hamilton, they should have no problem (against the Eskimos), especially at home," Anderson said.

Roughrider Weston Dressler, centre, celebrates his touchdown on Friday with teammates Chris Getzlaf, left, and Rob Bagg during the first half of their CFL game against the Hamilton Tiger-Cats at Ivor Wynne Stadium in Hamilton, Ont. Hometown fans have high hopes for the team and QB Darian Durant. GEOFF ROBINS/THE CANADIAN PRESS

Watching the detectives

Regina Police Service hosts a day of consciousness-raising and a bit of unexpected comedy at the force's Media Police Academy PAGE 3

Aid workers safe and sound

Two Canadians were among four people kidnapped at gunpoint in Kenya and freed in a dramatic rescue on Monday PAGE 4

Who will get custody of Suri?

Katie Holmes reportedly does not want her daughter raised as a Scientologist. Meanwhile, what's with Tom Cruise and the number 33? PAGE 10

GIVING CANADA'S ELITE athletes THE VISION TO SUCCEED
Paula Findlay, Triathlete
5-time World Championships Series gold medalist;
Olympic hopeful, London 2012; LASIK MD patient, 2011
LASIK MD VISION
LASIK starting at $490 /eye*
FREE Consultation: 1-855-785-2020
lasikmd.com/teamlasikmd

1

NEWS

On the web

Don't sweat it: A case for 'Made in Canada'

Domestic manufacturing is in long-term decline in Canada, but some Canadian companies have found a way not only to survive, but to thrive: A "Made in Canada" label. Hear the case for and against Canadian manufacturing from two business owners, and cast your vote at metronews.ca.

Drug giant to pay billions in fines

GlaxoSmithKline LLC will pay $3 billion US and plead guilty to promoting two popular drugs for unapproved uses in the largest health-care-fraud settlement in U.S. history, the Justice Department said Monday. Go to metronews.ca to read the full story.

Mobile news

Next Media Animation, which first leapt to the world's attention with a cartoon version of Elin Nordegren going after Tiger Woods with a golf club, has just released a one-minute film illustrating BlackBerry maker RIM's troubles. Scan the code to watch the video and read the full story.

Team Canada celebrates after its victory over Japan on Canada Day. The win earned them a spot in the 2012 Olympics in London. CONTRIBUTED

Saskatchewan duo capture Olympic berth on Canada Day

Basketball. Women's team last competed at the Olympics in 2000 in Sydney

DORIAN GEIGER
Metro in Saskatoon

University of Saskatchewan head coach Lisa Thomaidis, and Saskatoon native Krista Phillips earned a spot at the London Olympics on Canada Day.

Thomaidis, also Team Canada's women's basketball assistant coach, punched her ticket to the 2012 Olympic summer Games in London, England, following the national team's 71-63 qualifying victory over Japan on July 1 in Ankara, Turkey.

The berth was not only a sweet accomplishment for Thomaidis, but the country's women's basketball program, too. Canada has been denied Olympic competition for the past decade, with their last appearance coming in 2000 in Sydney, Australia.

"It has been a long-time coming and it was huge stepping stone for us. It was the best Canada Day ever because we got the qualifier that day and the team played well. It was such a collective feeling of accomplishment," said Thomaidis.

Headed into the fourth quarter of the final qualifying game against Japan, Canada relished a 10-point cushion. This was cut in half by Canada's opponents with only a few minutes remaining. Canada's defence stood tall to hold on for the win.

With a handful of veteran players who will look to retire after this Olympic stint, Thomaidis said it was integral for Team Canada to make a summer Games cameo.

"We were so not ready to be done and just wanted to make sure these girls made it to the Olympics," she added.

Prior to facing Japan, Canada was 2-2 on Turkish soil, toppling Mali and Argentina, losing games to Croatia and France.

Krista Phillips, a Team Canada centre, racked up nine points against Japan.

Canada's Olympic pool includes Australia, Brazil, Russia, France and Britain. The 2012 Olympic Summer Games begin on July 27 and run to Aug. 12. Team Canada will play their first game against Russia on July 28 in London.

Follow Dorian Geiger on Twitter @dgiegs

Golf

Dakato Dunes Casino Open a path to the PGA

The Dakota Dunes Casino Open is one of the province's largest golf tournaments, and Mike Jacobs, Canadian Professional Golfers' Association head professional with Dakota Dunes, says for some golfers the event is their ticket to the PGA.

"This event is probably the third wrung of the (professional golf) ladder," said Jacobs. "We've seen guys who have played here in the last couple of years and are now on the PGA tour … it's a feeder tour, it's a stepping stone for the next PGA stars."

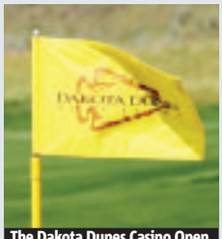
Alongside Canadian hopefuls, the tournament attracts golfers from all over the globe.

"We got players from all over the world attending — I know we have a few guys this morning playing from Scotland and from Australia," said Jacobs. "It is a big event for us, we spend a lot of time getting the golf course ready and it's a showcase event for sure."

The event started with a qualifying event on Monday, a sponsor appreciation event on Tuesday and Wednesday and with 156 golfers in the tournament — which starts Thursday — Jacobs said he hopes spectator turnout is high.

"We're hoping the Rider game doesn't take away too many folks away from us on Sunday, but hopefully we get a few thousand people out to watch."

MORGAN MODJESKI/METRO



The Dakota Dunes Casino Open kicks off this week with PGA hopefuls looking to make the grade. CONTRIBUTED

Regina residents reflect on medicare

Former NDP Leader Tommy Douglas, the father of medicare, poses in Ottawa in this photo from Oct.19, 1983. THE CANADIAN PRESS FILE

The people of Saskatchewan celebrated more than Canada Day on July 1, as Sunday also marked the 50th anniversary of the passing of the Saskatchewan Medical Care Insurance Act, or medicare, bringing public healthcare into law in Saskatchewan.

Metro spoke with a few Saskatchewan residents about how medicare is holding up a half-century after its birth.

Clay Winslow is a retired consultant. He firmly believes that there is no more room in the system for private providers, and that the private sector doesn't necessarily equate to a more innovative system.

"There is place for entrepreneurship within the public setting," he said. "To say that ideas and initiative only come on the private side, it ignores our history."

Greg, an accountant, wishes there was more of a role for private providers. He has been waiting two years to have an operation on a hernia, and although he wouldn't be able to pay for the operation privately, he believes that if others could, it would relieve some of the stress.

"I wouldn't do it," he said, "but it would be good to have the option. Some people who are more financially capable of doing that, that would be fine."

"I do think medicare is working," says Denise, a trainer in career development and a Regina resident for the last 25 years. "But I also realize that it's quite a drain on resources." She says that she would be willing to pay a little more in provincial taxes to help keep the health care public (about 70 per cent of services provided are covered by the public system.)

CARRIE-MAY SIGGINS/METRO

Weekend tragedy

Two dead after boating accident

Two people died this weekend while boating on Wekash Lake located 12 kilometres southwest of Creighton, Sask.

On June 27 at approximately 8 p.m., three people were ejected from a personal watercraft. One made it back to shore, while the other passenger was found soon after. She was taken to hospital where she was pronounced dead.

The driver of the boat was found dead late the following evening. METRO

Canada Day

Fireworks spark disappointment

A number of visitors expressed their disappointment via Twitter that Regina's Canada Day fireworks were set off early Sunday night. Originally scheduled to start at 10:30 p.m., the display instead began at 9:35 p.m. due to an incoming storm. METRO

Sexual predator

Suspect in assault case still at large

The Regina RCMP are still looking for a suspect in the sexual assault of a woman on Friday morning.

A lone woman was walking on Retallack Street between 3rd and 4th avenues when she was pulled into a truck by a man and taken to the northern outskirts of the city by Highway 6. The man is described as Caucasian, about 50 years old with grey thinning hair, and about six feet tall.

If you have information in regards to this incident, please contact the Regina RCMP Detachment at 306-780-5560. METRO

A member of the Regina Police Service demonstrates how to fire an automatic weapon for members of the media. JEFF MACKEY/METRO

Journalists, cops and guns: A day at Regina's Media Police Academy

Rubbing shoulders with Regina's finest. Event gives media and police a chance to increase their understanding of each other's professions

JEFF MACKEY
jeff.mackey@metronews.ca

Last week, the Regina Police Service (RPS) hosted journalists and other news professionals for a Media Police Academy. The event was a chance for media and police to increase each other's understanding of their respective professions.

As a relative newcomer to Regina, I jumped at the opportunity to rub shoulders with both my reporting colleagues as well as Regina's finest.

Journalists attending were warned beforehand not to park illegally at the event (it would appear the cops had us journalists pegged right from the start).

But, running short on change, as well as being late for the academy that morning, I'm ashamed to admit I broke the first rule of Media Police Academy right out of the gate.

Presenters at the event included Police Chief Troy Hagan and, among others, the SWAT, canine, bomb disposal, major crimes and forensic investigation units.

After a full day of presentations the media were treated to a much more hands-on style of instruction: how to use a firearm. Then it was onto the competition.

The RPS offered media a chance to win the coveted title of best marksman in the Regina press gallery. There was a trophy — and I wanted it more than just about anything I had ever wanted before.

The competition was fierce. But the press was beat out by — gasp — a communications officer from the Regina Catholic School Board.

With that sobering experience under my belt, I exited RPS headquarters and went to my illegally parked car down the street to discover that I had miraculously not been issued a ticket. I'll count myself lucky this time.

LOSE WEIGHT!
WIN $10,000
CALL FOR DETAILS
Look your best this summer!
Call TODAY for your FREE CONSULTATION!
PH: 351-8606
1751 Broad St. • bodyrevolution.ca • info@bodyrevolution.ca
Mention Metro & receive a FREE week of training.
Body Revolution Fitness
Body Transformation Specialist

Kidnapped aid workers brought to safety after dangerous rescue

Ambushed. Two Canadians part of workers' convoy attacked by gunmen

Four aid workers, including two Canadians, kidnapped at gunpoint from Kenya's largest refugee camp arrived back in Kenya's capital aboard a military helicopter on Monday after a pro-government Somali militia group rescued the four inside Somalia.

"We are alive and we are happy this has ended," Qurat-Ul-Ain Sadazai of Gatineau, Que., one of the Canadian workers, said after the group landed in Nairobi.

The four workers from the Norwegian Refugee Council smiled and waved after stepping out of the helicopter.

Among them was Steven Dennis of Toronto, the agency's head of operations in Kenya's sprawling Dadaab refugee camp.

Sadazai and Dennis, along with Astrid Sehl, 33, and Glenn Costes, 40, were lucky to be alive. Their Kenyan driver, Abdi Ali, was killed when four gunmen attacked their two-vehicle convoy on Friday.

A representative with the Ras Kamboni militia in Somalia said his group heard of Friday's attack and pursued the kidnappers. Ras Kamboni fighters caught up with the gunmen on Monday morning, about 60 kilometres inside Somalia. THE ASSOCIATED PRESS

Changed plans

- A Kenyan police commander said the aid group originally arranged to have armed security but that the group cancelled the security arrangements at the last minute.
- "Convoys which have these armed escorts ... (are) more likely to be attacked by roadside bombs," said an NRC spokesman.

Released aid workers, from left, Qurat-Ul-Ain Sadazai, a Quebec citizen of Pakistani origin; Glenn Costes of the Philippines; Steven Dennis of Toronto; and Astrid Sehl of Norway, arrive in Nairobi, Kenya, on Monday. SAYYID AZIM/THE ASSOCIATED PRESS

French Language Forum.

Harper interrupted by protester in Quebec City

A speech by Stephen Harper was briefly interrupted Monday when a shouting protester approached the stage at an international conference in Quebec City.

As the prime minister addressed a world forum on the French language, the man walked to the front of the large room and delivered a message of his own.

"Stop Harper, stop Jean Charest," the protester yelled.

"Citizens rise up. We need you, everybody."

The interruption lasted only a few seconds before the man was grabbed by two security guards and hustled out of the room through a side door.

His rant earned him a muffled applause from some of the attendees inside the Quebec City conference centre.

Quebec provincial police later indicated that the man, in his 30s, was released and will not face charges.

The disruption happened just seconds after Harper uttered the only English words of his mostly French address during the conference's opening ceremony.

"As Canadians, we are extremely proud of our two national languages and our heritage of diversity," Harper said, a moment before the protester stepped in.

Around 1,500 delegates, mostly youths, from 100 countries around the globe are taking part in the multi-day conference. THE CANADIAN PRESS

Do It Yourself Kits...
Turn any surface into a new, beautiful, PebbleStone floor, inside or out!
Visit our WEBSITE!
PebbleStone FLOORING
www.pebblestoneflooringsystems.com · PH: 596-1596

Dismemberment case

Found remains could be linked to Magnotta

Montreal police are investigating whether remains found in a city park are linked to alleged killer Luka Rocco Magnotta.

A police source told The Associated Press the remains appear to be a human head.

Magnotta, 29, is accused of the murder and dismemberment of Concordia University student Jun Lin. He has pleaded not guilty and has opted for a trial in front of a jury.

Lin's torso was discovered stuffed in a suitcase behind Magnotta's apartment building in late May. His hands and feet were mailed to political parties in Ottawa and two B.C. schools.

His head has still not been found.

Montreal police spokeswoman Anie Lemieux says tests will be run on the remains to determine if they are in fact body parts and whether they're related to the Magnotta case.

Magnotta is also charged with harassing Prime Minister Stephen Harper and MPs, and publishing and mailing obscene material. THE CANADIAN PRESS

Jehovah's Witnesses told to pay in sex-abuse case

Candace Conti says the abuse began when she was nine years old, distributing Bibles door to door with a fellow congregant; a hulking, loud man named Jonathan Kendrick.

It was the mid-1990s in Fremont, Calif. Conti's parents were having marital problems, her mother was sick and distracted. So the little girl found family in her tight-knit Jehovah's Witness congregation — and Kendrick found a victim.

For two years, Conti says, the man repeatedly molested her at religious gatherings, most frequently when she went out with Kendrick to proselytize. When he hugged her, she was afraid of being crushed.

"I was very scared," Conti, now 26, said from California.

She later learned she was not Kendrick's first victim and sued the Watchtower Bible and Tract Society of New York — the corporation that oversees the Jehovah's Witnesses — alleging that church leaders, called elders, knew Kendrick had previously abused another girl and did nothing to protect her.

Her lawsuit alleged the church allowed her molestation and even had a policy, dating to 1989, that instructed elders to keep accusations of child sex abuse secret.

Ex-Jehovah's Witness

"This will cause many people to have nothing to do with them, and many people within the movement to question what's going on."

James Penton, university professor and former member of the Jehovah's Witnesses

In a landmark ruling in mid-June, a California jury sided with Conti, ordering the Watchtower to pay nearly $25 million in damages and Kendrick to pay over $3 million.

"This was about telling the Watchtower ... that they gotta change. They're the last ones to be keeping this secret," said Rick Simons, Conti's lawyer.

While sex-abuse cases involving the Catholic Church have garnered extensive public attention in recent years, Conti's case shines a spotlight on sexual abuse within Jehovah's Witnesses congregations.

It specifically addresses allegations of extreme secrecy: of church elders hushing victims, of children having to come up with witnesses to their abuse, of victims being made to publicly confront their abusers.

The Watchtower's defeat in court could lead to more lawsuits, possibly even in Canada, where there are more than 110,000 practising Jehovah's Witnesses and numerous former members. TORSTAR NEWS SERVICE

Statement

The Watchtower did not return a request for comment from Torstar News Service. But Jim McCabe, a lawyer for the organization, said in a statement following the Conti verdict that Jehovah's Witnesses "respectfully disagree with the jury's decision."

- "This is the first time that an organization was found responsible for the alleged misdeeds of a member who held no position of leadership or authority," the statement said. "We are very sorry for whatever harm this young lady may have suffered. However, the organization is not responsible."
- Jehovah's Witnesses, it added, "abhor child abuse and strive to protect children from such acts."

comwave
Home Phone

Home Phone

Unlimited Calling

To over 60 countries including

Pakistan, India
Romania & Italy
& more

- All features FREE
- Keep your existing phone number

Limited Time Offer

6 Months FREE

$29.95 /month

Unlimited Local

- Unlimited local calls
- Over 14 FREE features

6 Months FREE

$14.95 /month

Unlimited Canada

- Unlimited Canada long distance
- Over 14 FREE features

6 Months FREE

$19.95 /month

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE (VOIP) 911: VoIP 911 has certain limitations versus traditional 911. Unlimited Plans do not include calls to the Yukon, Nunavut, NWT, Alaska and Hawaii. The 6 Month Free Promotion is based on a 24 Term and includes a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 9 months free. Comwave's residential phone and features are to be used for residential, non-commercial use. A combination of factors is used to determine abnormal use. Unlimited usage is subject to our reasonable usage policy and terms of service. Terms and conditions apply, see www.comwave.ca for details.

1-866-769-9601

U.S. East Coast still reeling

Aftermath of storms. After suffering through sweltering weekend, millions must cope with transportation delays, difficulties

U.S. Postal Service letter carrier Giovanny Alvarez delivers mail on Monday to a house damaged by an uprooted tree after a storm in Washington, D.C. Severe weather that hit the U.S. mid-Atlantic region on Friday has been blamed for at least 17 deaths, most from trees falling on homes and cars. EVAN VUCCI/THE ASSOCIATED PRESS

A weekend without electricity was already trying for millions in the sweltering, storm-swept U.S. mid-Atlantic region. But Monday morning brings another challenge when many embark on a difficult commute over roads with darkened stoplights and likely mass-transit delays.

To alleviate congestion around Baltimore and Washington, federal and state officials gave many workers the option of staying home Monday. Federal agencies will be open in Washington, but non-emergency employees have the option of taking leave or working from home. Maryland's governor also gave state workers leeway for staying out of the office.

There were more than 500 signal outages in Maryland on Sunday afternoon, including more than 400 in hard-hit Montgomery County outside the nation's capital, according to the State Highway Administration. There were 100 signal outages in northern Virginia late Sunday afternoon, and 65 roads were closed, although most were secondary roads.

"If you have to drive or need to drive, leave yourself a lot of extra time," Maryland Highway Administration spokesman Charlie Gischlar said. "There's going to be delays."

As of late Sunday, nearly 2.7 million people remained without power in several states from Virginia to New Jersey and as far west as Ohio. That left many to contend with stifling homes and spoiled food as temperatures approached or exceeded 100 degrees, and utility officials said the power will likely be out for several more days. Since Friday, severe weather has been blamed for at least 17 deaths, most from trees falling on homes and cars.

Meanwhile, Coast Guard officials say they have suspended the search for a man who disappeared early Saturday while boating during the storm off Maryland.

On Sunday night in North Carolina, a 77-year-old man was killed when strong winds collapsed a Pitt County barn where he was parking an all-terrain vehicle, authorities said. In neighbouring Beaufort County, a couple was killed when a tree fell on the golf cart they were driving. Officials said trees fell onto dozens of houses, and two hangars were destroyed at an airport in Beaufort County.

The damage was mostly blamed on straight-line winds, which are strong gusts pushed ahead of fast-moving thunderstorms like a wall of wind.

Elsewhere, at least six of the dead were killed in Virginia, including a 90-year-old woman asleep in her bed when a tree slammed into her home. Two young cousins in New Jersey were killed when a tree fell on their tent while camping. Two were killed in Maryland, one in Ohio, one in Kentucky and one in Washington.

For survivors, it was a challenge to stay cool over the weekend.

From Atlanta to Baltimore, temperatures approached or exceeded triple digits fahrenheit. Atlanta set a record with a high of 105 degrees, while the temperature hit 99 at Ronald Reagan Washington National Airport just outside the nation's capital. With no air conditioning, officials urged residents to check on their elderly relatives and neighbours. It was tough to find a free pump at gas stations that did have power, and lines of cars snaked around fast-food drive-thrus.

Power crews from as far away as Florida and Oklahoma were on their way to the mid-Atlantic region to help get the power back on and the air conditioners running again. Even if people have generators, the gas-run devices often don't have enough power to operate an air conditioner.

And power restoration was spotty: Several people interviewed by The Associated Press said they remained without power even though the lights were on at neighbours' homes across the street. In Maryland, Gov. O'Malley promised he would push utility companies to get electricity restored as quickly as possible.

In Waldorf, Md., Charles County emergency officials handed out free 40-lb bags of ice to anyone who needed them.

In suburban Fairfax County, Va., residents cooled off at pools, recreation centres, libraries, restaurants and shopping malls. Many residents said they weren't especially prepared for an extended outage. THE ASSOCIATED PRESS

Floods ravage parts of India

A family rows past their house in India's Assam state, Monday, after monsoons left much of the area deeply flooded. ANUPAM NATH/THE ASSOCIATED PRESS

The worst monsoon floods in a decade to hit a remote northeastern Indian state have killed more than 80 people and forced around two million to leave their homes, officials said Monday.

Nearly half a million people are living in relief camps that have been set up across Assam state, Prime Minister Manmohan Singh told journalists in Gauhati, Assam's capital. The rest of the two million displaced have moved in with relatives or are living in the open, sheltering under tarpaulin sheets.

Assam officials say 81 people have been killed over the past four days. Most of them were swept away when the mighty Brahmaputra River overflowed its banks and flooded villages. Sixteen people were buried in landslides triggered by the rains.

At least 11 people were missing in six districts, the state disaster management agency said in its bulletin.

Air force helicopters were dropping food packets and drinking water to marooned people, Singh said after surveying the flood-hit districts.

Army soldiers used boats to rescue villagers from rooftops of flooded homes.
THE ASSOCIATED PRESS

Syria

Exiled opposition urged to unite

The head of the Arab League urged Syria's exiled opposition to unite, Monday, saying they must overcome their differences as Western efforts to force President Bashar Assad from power all but collapse.

But more than one year into the Syrian revolt, the opposition is still hobbled by the infighting and fractiousness that have prevented the movement from gaining the kind of political traction it needs to present a credible alternative to Assad.
THE ASSOCIATED PRESS

Timbuktu

Muslim fanatics destroying city

Muslim extremists continued destroying the heritage of the ancient Malian city of Timbuktu on Monday, razing tombs and attacking the gate of a 600-year-old mosque, despite growing international outcry.

The International Criminal Court has described the destruction of the city's patrimony as a possible war crime, while UNESCO's committee on world heritage was holding a special session this week to address the pillaging of the site.
THE ASSOCIATED PRESS

‘Robin Hood’ tax scheme gathers growing support

Taking from the rich. Campaign calls for a tax on all stocks, bonds, derivatives and currency trades

With actor Mark Ruffalo and Coldplay’s Chris Martin recently publicly backing it, the Robin Hood Tax campaign is gaining steam.

The campaign began in the United Kingdom in 2009 and has seen a growing wave of support from grassroots organizations, activists, unions, politicians and economists in 14 countries, including Canada.

The campaign calls for the adoption of a financial transaction tax on all stocks, bonds, derivatives and currency trades. The tax would be set at between 0.5 and 0.005 per cent, depending on what’s being traded, explains Charles Idelson, a spokesperson for the U.S. campaign.

“We’re calling for taxing banks and financial institutions that have caused the economic crisis,” Idelson said.

“This tax could raise hundreds of billions of dollars every year on the trades done in the U.S. alone.”

The Canadian Federation of Nurses Union’s campaign in support of the Robin Hood Tax began earlier this year after their American counterpart adopted the idea following the 2008 financial crisis.

The nurses’ union is hoping the federal government will take a look at implementing a Robin Hood Tax here as well, although so far the Harper government has said it wouldn’t favour such a move.

The money could go a long way to improving the quality of life for many Canadians, said Linda Silas, president of the Canadian Federation of Nurses Union. Silas said that in the coming months more organizations will be asking for the tax in federal budget consultations.

TORSTAR NEWS SERVICE

Innovative idea

The idea for the tax is based on Nobel Prize-winning American economist James Tobin’s work, said Simon Chouffot, a spokesperson for the Robin Hood Tax campaign in the U.K.

- The idea was first popularized in the 1990s after the Asian financial crisis, Chouffot said.
- But after the financial crisis in 2008, which triggered a global recession, it really took hold among groups in Europe.

Exxon Valdez’s final journey

The ship formerly known as the Exxon Valdez, pictured above anchored off India’s western coast near the Alang ship-breaking yard in Gujarat on Saturday, may finally be able to sail off into the sunset. Now known as the Oriental Nicety, the ship has been given permission to enter India. India’s Supreme Court had earlier banned the vessel that dumped more than 40 million litres of crude oil into Alaska’s Prince William Sound in 1989 from entering the country for dismantling until it has been decontaminated. THE ASSOCIATED PRESS

Market Minute

DOLLAR (Markets closed)

Natural gas: $2,81 US (-1.7¢)
Dow Jones: 12,871.39 (-8.7)

TSX (Markets closed)

OIL $83.75 US (-$1.21)

GOLD $1,597.70 (-$6.50)

Luxury at sea

QE 2’s new role

Dubai has settled on a use for the storied Queen Elizabeth 2 cruise liner it bought for $100 million, with plans to make it into a floating 300-room hotel at the city’s Port Rashid. THE ASSOCIATED PRESS

U.S.A. VERSUS THE LAND OF 'EH'

SHE SAYS...
Jessica Napier
metronews.ca/shesays

As a dual citizen of both Canada and America, the first week of July is a pretty festive time. I like to think that having two passports gives me the right to continue the patriotic celebrations from Canada Day through to the Fourth of July.

Many American's don't really care too much about what goes on across the border, possibly because they're too busy chanting "U.S.A. No. 1" as they spoon-feed themselves ranch dressing. But when they do think about us Canadians, they're usually smirking.

The concept of "Canadian football" tends to elicit eye rolling, and Steve Martin famously mocked Toronto on an episode of 30 Rock as "New York without all the stuff in it."

And yes, the beaver is a pretty laughable national animal when compared to the far more majestic eagle and our coins sound like badly drawn cartoon characters. Loonie and toonie? Come on.

Our taxes are higher, our Netflix options are abysmal and our telecommunications monopolies have a stranglehold on our mobile-dependent citizens with their high fees.

Duelling citizenship

"But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities."

But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities.

Here are 10 of my favourite ways in which the Great White North kicks the Land of the Free's ass (sorry to brag, it's the American in me):

1 Two words: American beer. Here in Canada, we generally don't like to dilute our beer with water. We also earn money when we recycle those bottles of stronger brew, so really, that's two points for Canada.

2 Who cares what Microsoft Word has to say. Adding a "u" to words like "colour" and "favourite" is classier.

3 In this bilingual country, it's entirely possible to teach yourself a new language just by reading a box of cereal

4 Canada is a constitutional monarchy, which means our lame obsession with the British royal family is somewhat justified. What's your excuse America?

5 Legalized same-sex marriage.

6 Colour-coded money. Because why on earth would you make your one-dollar bill and your one-hundred-dollar bill look almost identical?

7 Canadians were wearing plaid before it was ironic.

8 Fact: Caesar > Bloody Marys.

9 We have the most patriotic customer loyalty program: Canadian Tire money. Does Lowes have its own currency? Didn't think so.

10 We invented the electric light bulb, basketball, the telephone, and the greatest guilty-pleasure snack of all time: A heavenly medley of cheese curds, gravy, fries. O Canada indeed.

Dressed in their 'Nunday' best

BRENDAN LANDY/LANDYPHOTO.COM

World record attempt

Getting into the habit for a good cause

One town in southwest Ireland devoutly took a fun way to promote a serious cause. Listowel in County Kerry saw over 1,400 men, women and children dressed in black-and-white habits to break a Guinness world record for most 'nuns' in one place, an event to raise money for Pieta House, a suicide and self-harm crisis centre. MWN

Numbers in B&W

1,456

The number of people dressed up as nuns that gathered in a Gaelic football field in Listowel on Saturday. They smashed the previous record of 250 achieved at Pinewood Studios, Buckinghamshire, England. The organizing committee initially hoped only 500 would attend. Participants came from as far as Florida and New York.

'Nun' the worse for wear

- **Seeking release.** "Overall, 'Nunday' was a fun way to release emotions for those who have suffered," event organizer Cora O'Brien, who lost a teenage son to suicide five years ago, told Metro.
- **Dress code sacrosanct.** "We did have to reject a few participants," O'Brien admits. "The dress code had many stipulations, including a need for black-only shoes. The outfits were rigorously checked and people were ticketed as they entered the field."

Spirits, and legs, rise as 'nuns' gather to set a world record.
BRENDAN LANDY/LANDYPHOTO.COM

Go on, go wild, get into rehab — help Moose Jaw vet who treats wildlife for free

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

There have been some pretty wild rescues in Moose Jaw lately.

That's because local Moose Jaw veterinarian, Dr. Melanie Blager, has been operating her pro-bono rescue and rehabilitation clinic, Wild and Cared Free, for over two years in the region.

She has treated countless wild animals and birds so far, including birds of prey such as owls, eagles, hawks and falcons.

"I have always tried to rescue injured or lost birds. I began to concentrate on rehabilitating wildlife around 2007 after realizing that no one else in my community was doing so, but didn't start to rehabilitate in larger numbers until I received my first Captive Wildlife for Rehabilitation Permit in 2009 after completing a Basic Wildlife Rehabilitation course in Regina earlier that year," says Dr. Blager.

On June 27, Dr. Blager collaborated with Carousel Farms to host a fundraiser for her endeavours through Wild and Cared Free.

Volunteers and donations are always welcome. Visit the Wild & Cared Free Wildlife Rehabilitation Inc. Facebook page or www.wrsos.org for more information.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

DVD reviews

Barbarella

Director. Roger Vadim

Stars. Jane Fonda, John Phillip Law, Anita Pallenberg

●●●○○

Barbarella, Queen of the Galaxy was one of the cheesiest movies of the 1960s. A high-flying hotsie from a French comic book, Barbarella has just out-sexed Dur-and-Durand's Excessive Machine. We first meet her doing a zero-gravity strip tease out of her space suit, the opening credits (barely) hiding her naughty bits.

In the 40th Century, people apparently still have sex on the brain. But Barbarella, directed by Fonda's husband Roger Vadim, wasn't the X-rated romp everybody expected in 1968. It's pure camp silliness, now brought ever closer through the magic of Blu-ray.

Extras are skimpier than Fonda's attire: just the original trailer.

PETER HOWELL

21 Jump Street

Director. Phil Lord, Chris Miller

Stars. Channing Tatum, Jonah Hill

●●●●○

The 1980s are alive and well and living at 21 Jump Street, the long-delayed screen version of the cool-kids cop show. While the original TV series occasionally reached for serious drama, there's no debate that the movie version, directed by Phil Lord and Christopher Miller, is a comedy in the vein of 48 Hours or Beverly Hills Cop. Channing Tatum as Jenko and Jonah Hill as Schmidt take the roles originally played by Johnny Depp and Peter DeLuise.

PETER HOWELL

Anderson Cooper, normally reluctant to talk about his private life, has come out, saying: 'I do think visibility is important.' TORSTAR ARCHIVE

Cooper: 'I'm gay'

Coming out. CNN journalist says there's value in 'standing up and being counted' in Daily Beast essay

Anderson Cooper, who has been reluctant to talk about his personal life in public, revealed that he is gay in an essay posted online on Monday.

The CNN journalist said he had kept his sexual orientation private for personal and professional reasons, but came to think that remaining silent had given some people a mistaken impression that he was ashamed.

"The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself and proud," he wrote in a letter to Andrew Sullivan of the Daily Beast.

Cooper, the son of Gloria Vanderbilt and Wyatt Cooper, had long been the subject of rumours about his sexual orientation. He said that in a perfect world, it wouldn't be anyone's business, but that there is value in "standing up and being counted."

"I still consider myself a reserved person and I hope this doesn't mean an end to a small amount of personal space," he wrote. "But I do think visibility is important, more important than preserving my reporter's shield of privacy."

THE ASSOCIATED PRESS

Excerpt

The Daily Beast's Andrew Sullivan asked Anderson Cooper for his thoughts on the topic of the visibility of gay people and what it means for equality. Here's part of Anderson Cooper's response.

- "...I've begun to consider whether the unintended outcomes of maintaining my privacy outweigh personal and professional principle. It's become clear to me that by remaining silent on certain aspects of my personal life for so long, I have given some the mistaken impression that I am trying to hide something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true. I've also been reminded recently that while as a society we are moving toward greater inclusion and equality for all people, the tide of history only advances when people make themselves fully visible. ... The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud."

READ MORE AT THEDAILYBEST.COM

Action

The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

●●●○○

It's only been five years since Spider-Man last soared across the silver screen. And that's perhaps this reboot's greatest flaw. Taking over for filmmaker Sam Raimi, relative newcomer Marc Webb largely restores the recognizable origin story about a kid bitten by a radioactive bug, who becomes a web-slinging superhero. In The Amazing Spider-Man however, Webb focuses on back story and succeeds with clever performances from a talented cast. Spidey improves as a livelier, more playful hero, too, but in essence, this web-head is too familiar for true impact.

STEVE GOW

Southland Mall
3025 Gordon Rd., 306-585-7442
No Passes Mon 9:25 No Passes Tue-Thu 4:10-7:20-10:20
3D (PG) No Passes Mon 8 No Passes Tue-Thu 3:40-6:45-9:50

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit 26, 306-522-9098
No Passes Mon 10 No Passes Tue-Thu 12-3:10-6:20-9:30
3D (PG) No Passes Mon 8-9-11:05 No Passes Tue-Wed 12:30-1-3:40-4:10-6:50-7:20-10-10:30 No Passes Thu 12:25-1-3:40-4:10-6:50-7:20-10-10:30

2 SCENE

Box office

A teddy bear's picnic

It's both a bear and bull market for Hollywood. The bear is Ted, Mark Wahlberg and Seth MacFarlane's comedy about a talking teddy bear, which opened as the No. 1 movie with $54.1 million, according to studio estimates Sunday. And the bulls are baring it in Magic Mike, Channing Tatum and Steven Soderbergh's male-stripper tale that debuted a strong No. 2 with $39.2 million. The two new movies were backed by a deep bench, with Pixar Animation's Disney fairy tale Brave holding up well at No. 3 with $34 million in its second weekend. Tyler Perry's Madea's Witness Protection, the latest from the dependable breadwinner for Lionsgate Films, opened solidly at No. 4 with $26.4 million. The four movies combined to keep Hollywood in the money compared to the same weekend last year, when Transformers: Dark of the Moon launched with $97.9 million. It was an equally big weekend overseas, where two huge franchises got a head-start on their U.S. openings. The 20th Century Fox animated sequel Ice Age: Continental Drift opened with $78 million in 34 international markets, while Sony's The Amazing Spider-Man debuted with $50.2 million in 13 markets.

THE ASSOCIATED PRESS

On the web

Whitney Houston gets tribute from mother at BET Awards; Kanye, Jay-Z, Beyoncé, Brown win two each

Kunis picks web winners for gal pals

You'll find Mila Kunis on online dating sites — but she's not looking for herself (rumour has it, she's canoodling with Ashton Kutcher). "I go on and I pick the guys for my friends," the star of Ted tells Glamour magazine, via Yahoo!'s omg blog.

"It's online shopping! We all get together with our laptops and have a glass of wine. Then we message the guy. I'm just very honest and blunt." And she rewrites profiles, too: "I'm really good at 'About Me,'" she says.

"I feel like I could never write anything about myself, because that's like a therapy session. But about your girlfriends? You just write what you love about your friends. If I didn't do what I do, I would do Internet dating instead of going out to bars. In two seconds I would. It makes so much more sense."

Matthew McConaughey

McConaughey's thong song: 'It's a huge leap of faith'

The Hollywood Reporter scored some nice, thong-related quotes from the stars of Magic Mike, the male stripper movie that was hot at the U.S. box office this past weekend.

"It's a huge leap of faith to trust a thong," Matthew McConaughey told the publication.

"It's your only protection up on stage. When I first tried it on, my body contorted. And I tried to get myself into every position to see what angles I was covering."

"Sometimes a thong completely betrays you," added Channing Tatum, who based the movie on his life. "(But) if everyone is dressed in a thong pretty much any conversation is going to be funny … It's only weird if you make it weird."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

MONICA WEYMOUTH
scene@metronews.ca

So long to Scientology for Suri?

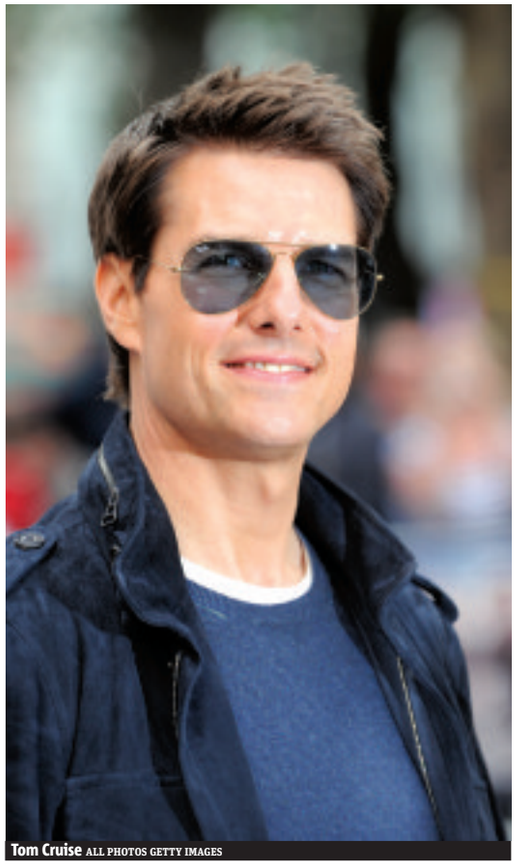
We all knew that when Tom Cruise and Katie Holmes divorced, it was going to be a weird one. What we didn't expect was that after five years, Katie would snap out of her dead-behind-the-eyes trance with so much fight left in her.

Before filing for divorce on Thursday, the actress had already rented a separate apartment for herself in New York. Although she does occasionally live in the city, it could have been a strategic move: She's requesting sole custody of six-year-old daughter Suri, which is more likely to be granted in New York than Los Angeles, where joint custody is more popular.

"Katie's primary concern remains, as it always has been, her daughter's best interest," Holmes' lawyer said in a statement Friday.

The "best interest" part is, reportedly, a reference to the Church of Scientology, which Holmes doesn't want Suri raised in.

Although a high-profile member of the religion while with Cruise, Holmes is now afraid that she is considered a "threat" to the organization — similar to how Nicole Kidman was shunned after her divorce from Cruise — and is being followed around New York by church authorities, reports TMZ. It's all very creepy, for sure. But if Scientology wants to be respected as a real religion in 2012, it's going to have to start doing much more depraved stuff than stalking Katie Holmes.



Tom Cruise ALL PHOTOS GETTY IMAGES

33 shades of bizarre: Cruise playing numbers game with nuptials?

The next dame Cruise decides to date might want to double-check her birth certificate.

The web was crazier than a Thetan gone mad this weekend over the impending divorce of Tom Cruise and Katie Holmes, but PerezHilton.com picked up on a particularly odd pattern in Tom Cruise's romantic history.

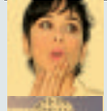
"All three of Tom Cruise's marriages have ended when the wives were 33.

He wed MiMi Rogers in May of 1987, but they broke up in 1990… when she was 33.

Then he moved on with Nicole Kidman. They were happy for 10 years but guess what! They split when she was 33 too! And now, just a day after her divorce announcement, Katie Holmes has 33 years under her belt. Katie collects 3 million for each year of marriage, up to a maximum of 11 years, equaling $33M (we're back to that 33 numerology again)."

Twitter

@nickcannon
My wife is like Wonder Woman! Hours ago she was looking gorgeous on stage in LA and now she is back NY before breakfast. #NCREDIBLE



@SarahKSilverman
My niece was born w congenital jazz hands. (Fosse diseases)

@JudahWorldChamp
72 ounce steaks with mash potatoes and chili is my favorite snack food.

@markhoppus
Paris is a gorgeous city. Every time I'm here I just want to sit at a cafe, smoking coffee and eating cigarettes.

Have you got what it takes to be an Olympic athlete?

How can you know if you have what it takes to be an Olympic star if you've never tried? Metro talks to Dr. Marco Cardinale, head of sports science and research of the British Olympic Association, to find out why athletes are above average. **ROMINA McGUINNESS**

First, pair your body with sport

"There are 26 sports in the summer Olympics so there isn't a standard 'body type,'" says Cardinale. "Each sport suits a body. If you think about the differences between a boxer and a runner you realize how different bodies can be successful in sport. While this means that potentially everyone can become an Olympic athlete, it's not that easy. Olympians are the result of years of dedication to grueling training regimes combined with talent and the ability to learn and develop. Being tall does not guarantee you a place in the volleyball team, unless you have skill."

Focus comes with a clear mind

"What separates Olympic athletes from the rest of us is their mind set and dedication. This requires hours of training and a deep desire to understand what it takes to win. Medal winners are the ones that learn faster and more than their opposition. You need to be determined to succeed, with an obsession for detail and improvement. It's a tough life. Athletes experience the highs of wins and the lows of losses as well as setbacks with injuries. You can't survive without the ability to deal with adversity and remain optimistic as success only comes after years of practice."

Ouch: learn to stay injury-free

"Being fit for purpose reduces the risks of injury. A good control of training progression can help as most of the time an injury is the result of wrong training loading patterns that puts the body under too much stress. For us normal people not pursuing Olympic success, general fitness is a good way to avoid injuries..."

Your stomach doesn't like junk

"Athletes should always watch what they eat in order to make sure their nutrition is appropriate for the demands of their sports, the training schedules and their body types. In weight category sports such as boxing or judo, where weight is an issue, athletes control their diets in order to make sure they can compete. In many other sports, nutrition is important not only to make sure body mass is appropriate for each athlete, but also to be able to improve performance by using appropriate timings of macro- and micro-nutrients intake."

Calories in = calories out

"A balanced diet is the secret to a healthy lifestyle. Avoid the unnecessary intake of calories and control your intake of macro-nutrients. We live in a society exposed to carbohydrates and processed sugars, both of which we eat too much of. If someone is overweight, it's often the result of poor food choices in terms of quantity and quality. These are the kind of things to be mindful of. Diet is only part of the equation. Exercise is the most important."

Athlete Q+A

Metro speaks to British artistic gymnast and Olympic hopeful, Louis Smith

RICHARD PECKETT
richard.peckett@metro.lu

DEALING WITH STRESS

"You can't really control your nerves. You can prepare yourself to be in the best mental state. Nerves are what I thrive on. I love the adrenaline rush. I would get bored without it. On the other hand, when you're on the pommel horse, you shouldn't let the adrenaline affect you. If I'm nervous, I listen to reggae. Competitions can be very daunting. It's all down to those 50 seconds..."

THREATS

"Everyone is a threat. I'll be looking out for people like Krisztian Berki from Hungary. If I wobble, the door opens to about 15 other people. If I had a clean routine there would be a few other people that would be in my league. My calmness when it comes to a competition is my forte. I stay focused whereas others can get a bit too hyped."

LIFE AND LOVE

"Training for the Olympics is tough when you're young but you can't lose sight of what you're doing and why you're doing it. What I miss most is dating. I've been single for over a year and would like to find someone. But at the same time I wouldn't want a distraction during the Games."

TRAINING SCHEDULE

"I wake up around 10:30 a.m. and then train from 12:30 to 3.30 p.m. I have a rest, and then I'm back in the gym at 5:30 till about 8 p.m."

Up and Down

UP

APPLES

We've read just about enough of how great apples are for our health. But listen up: researchers from the University of Iowa found that a natural substance in apple peel appears to protect from the downsides of a high-fat diet, including obesity, pre-diabetes and fatty liver disease. The study, initially carried out on mice, is likely to confirm apples as one of the most effective and cheapest superfoods.

DOWN

SALT

Consuming too many salty, savory foods could be the reason why your blood pressure is spinning out of control. New research reported in the American Heart Association journal states that eating a diet high in salt for several years may damage blood vessels and in time, lead to hypertension or high blood pressure.

3 LIFE

Fitness pick

Futuristic sports vests

Electric Foxy's Move vest is every fitness fanatics dream item of clothing. The new-age technology garment is designed to alleviate incorrect physical movement, promising optimal precision and positioning in sports such as yoga, pilates, golf and baseball, for which posture and fluidity of movement is key. How is this possible? The garment analyzes your movements and if you are doing them incorrectly, sends you real-time feedback – a subtle nudge – at the point where the adjustment is needed. Unfortunately, it's still at the prototype phase so until then, an old T-shirt will do. METRO

On the Web

Addressing mental health issues key when treating obesity, experts say

Delicious flavours of a Cobb Salad all healthily wrapped up

This recipe serves eight and takes less than 30 minutes to make. ROSE REISMAN

ROSE REISMAN
for more, visit
rosereisman.com

A Cobb Salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing. I've lightened up this classic and tossed it into a wrap.

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill chicken 4 mins. each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine tomatoes, red pepper, avocado, black beans, green onions and parsley in bowl. Add lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix.

3. Spread one-half of each of the tortillas with some of the mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

Ingredients

- 8 oz skinless boneless chicken breasts (about 2)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

Health Solutions

Three small, sneaky super boosters

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

At the speed of our lives, it is hard to get all of the nutrients you need. Everyone needs a few tricks up their sleeve to boost or better the food they choose.

In nutrition circles, "nutrient density" is the name of the game. It means that you should make every mouthful count by choosing unprocessed, fresh, raw vegetables and whole grains every single time. Who can do that?

Here is your cheat sheet of three foods that you can add to whatever you are eating and improve every bite.

Cocoa nibs

Tastes like:
Bitter, crunchy chocolate chips

Good for:
- High in antioxidants
- Contains potassium and magnesium (two nutrients often missing from processed food)

How to use:
Add to yogurt, baking, salads

Chia seeds

Tastes like:
No taste, texture only

Good for:
- Excellent fibre (soluble and insoluble)
- High in trace minerals

How to use:
Add to smoothies, salads, soups, baked goods, sprinkle on convenience foods

Hemp seeds

Tastes like:
Sunflower seeds

Good for:
- High in plant source protein
- Contains good fat GLA needed to make hormones

How to use:
Grind into a nut free "nut" spread and add to vegetarian dishes like lasagne, pasta.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Walnut Tabbouleh. Middle Eastern favourite gets an interesting spin

This recipe makes four to six servings. THE CANADIAN PRESS

Here is a new take on a popular Middle Eastern mezze staple. This tabbouleh recipe combines traditional flavours of parsley and mint with an eastern touch of soy and allspice. Replacing traditional veggies with toasted walnuts adds crunch.

1. Heat oven to 200 C (400 F).

2. Cut sweet potato into 1-cm (1/2-inch) cubes and toss with 15 ml (1 tbsp) walnut or olive oil. Spread evenly on a parchment-lined baking sheet and bake on the centre rack for 20 minutes until light golden brown. Let cool.

3. In a medium frying pan over high heat, combine pomegranate juice and allspice and bring to a boil. Simmer and reduce to 50 ml (1/4 cup) until lightly syrupy. Let cool.

4. In a large bowl, mix walnuts, quinoa, shallot, parsley, mint and soy sauce; add sweet potato and pomegranate juice. Season to taste with salt and pepper. Serve. THE CANADIAN PRESS/ WALNUTINFO.COM

Ingredients

- 1 small sweet potato
- 45 ml (3 tbsp) olive oil
- 250 ml (1 cup) pomegranate juice
- Pinch allspice
- 500 ml (2 cups) walnut pieces, toasted
- 500 ml (2 cups) quinoa, cooked and cooled
- 1 shallot, minced
- 500 ml (2 cups) parsley, finely chopped
- 75 ml (1/3 cup) mint, chopped
- 15 ml (1 tbsp) soy sauce
- Salt and pepper

Asparagus and quinoa team up in light salad

1. In a medium saucepan, bring quinoa and 500 ml (2 cups) water to a boil; reduce heat to low, cover and simmer for 15 minutes until most of the water is absorbed. Remove from heat, cover and let stand for 5 minutes. Place in a serving bowl; let cool.

2. Meanwhile, place asparagus, sweet pepper and onion on a rimmed baking sheet; brush with 15 ml (1 tbsp) of the oil. Place vegetables directly on greased grill over medium-high heat; close lid and grill, turning occasionally, until tender-crisp and lightly marked, 5 to 10 minutes, transferring back to baking sheet as they are done. Let cool slightly. Cut into bite-size pieces, stir into quinoa along with chickpeas and parsley.

3. In a small bowl, whisk together remaining oil, orange rind and juice, honey, vinegar, mustard, garlic, salt and pepper; pour over quinoa mixture and toss to coat. Serve at room temperature.

THE CANADIAN PRESS/ FOODLAND ONTARIO

This recipe makes six to eight servings. THE CANADIAN PRESS

Ingredients

- 250 ml (1 cup) quinoa, rinsed
- 500 g (1 lb) asparagus, trimmed
- 1 greenhouse sweet pepper, seeded and quartered
- 1 large onion, cut into 1-cm (1/2-inch) thick slices
- 30 ml (2 tbsp) vegetable oil
- 1 can (540 ml/19 oz) chickpeas, drained and rinsed
- 125 ml (1/2 cup) chopped parsley
- 5 ml (1 tsp) grated orange rind
- 50 ml (1/4 cup) orange juice
- 15 ml (1 tbsp) liquid honey
- 15 ml (1 tbsp) each red wine vinegar and Dijon mustard
- 1 small clove garlic, minced
- 1 ml (1/4 tsp) each salt and pepper

Get outta your dreams, get into your used car

Previously loved wheels. Buying a second-hand vehicle can make a lot of sense — just make sure you do your homework first

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

I'm a new car buyer and very faithful to my wheels. My family's last two cars, a Toyota Cressida and Tercel, lived to be 23 and 19 respectively. For me, buying new makes sense. My current vehicles, a 2007 Camry Hybrid, a wickedly wonderful lime-green, and a fire-engine-red 2011 Ford 150 Ecoboost will probably outlive me.

However, for many people, buying used is a better choice if for no other reason than cost.

If you're considering a previously loved vehicle turn to edmunds.com and its recently published annual guide to the best used cars. Not long ago the winners came from the usual suspects, Toyota, Honda and Nissan. Now other Asian manufacturers like Hyundai and even American makers are making the list.

Edmunds.com ranks the vehicles according to reliability, longevity, crash test results, value and availability. The latter is important but not often considered by buyers. The more cars you have to choose from the better deal you can make and the more options you will have.

Alison's money rule

"Used cars can be better than new with a big down payment and a little research."

Here are some of the major category winners for the years 2005 to 2010:

-Compact sedan: Hyundai Elantra
-Mid-size sedan: Nissan Altima
-Large sedan: Hyundai Azera
-Wagon: Pontiac Vibe
-Compact SUV\Crossover: Honda CR-V
-Minivan/Van: Honda Odyssey
-Compact Truck: Toyota Tacoma
-Hybrid: Toyota Prius

You can find all the category results with notes about the models at edmunds.com/car-reviews/best-used-cars.html.

Don't forget that while a used car might be cheaper than a new one, financing charges are often higher. If you have little or no down payment then you could easily have higher monthly payments buying used.

Zero interest new car purchases are rarer than they were at the height of the recession, but financing charges on new cars are often two to four per cent less than on a used vehicle if you purchase through a dealer.

The best strategy when buying used is to aim for at least 25 per cent down, finance with a personal or home equity line of credit and set the payments to discharge the debt in less than four years.

Ready to hit the road? ISTOCK IMAGES

New to you

- **Second-hand vehicles in demand.** 65 per cent of all cars sold in Canada are used.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

How to know if you really 'click'

Online dating. Is he a keeper? Is she crazy? Learn to read between the lines of a carefully constructed profile

SARA DIMERMAN
life@metronews.ca

I've found the perfect match. If Plenty Of Fish were to search its databank to find the perfect partner, it you would no doubt find true love with Facebook.

To illustrate why, I'll paint a picture of an online dater — in this case scenario, a 20-something female in front of her computer screen conducting a search on one or more of her favourite Internet dating sites. She's searching by where he lives and his age. At least 50 profiles appear but she doesn't even bother reading them until she spots a look that appeals to her.

Then she reads his profile and if she's still interested, sends him a message. He writes back and after several days of back and forth messages, she moves in a little closer. At this point, she likely asks if he wants to Skype or if he has Facebook. Facebook, it turns out, is her screening tool. There's so much to learn from reading a potential lovers wall. If she's looking for a mature gentleman, she is totally turned off if he swears gratuitously or uses his wall to share half naked pictures of himself and his friends in a drunken stupor. On Facebook, she's able to read between the lines instead of just knowing him through polite online conversation.

So, here are some tips for anyone looking to meet a mate online:

Post a picture

Even though it may seem shallow to only respond to people who have posted pictures of themselves, it appears suspicious if you don't. People might wonder what you're trying to hide. Besides, when you're trying to meet someone through the Internet, visuals are key. Since beauty truly is in the eye of the beholder, there's opportunity for everyone to meet someone.

Don't drag your feet

If you're serious about meeting someone online, expect to move fairly quickly from that first stroke on the keyboard to meeting in person. If you're still in the chatting online phase after weeks of first connecting, it's likely that the person you're talking to may lose interest and move on.

Be prepared to share more than your name

Even before meeting, be prepared to move beyond chatting on your screen to chatting via Skype, for example, so that each of you can hear the others voice or see each other live. Also be prepared to share other information such as your Facebook page or other profiles.

Be courteous

If you decide, after knowing more about someone, that you'd prefer not to continue talking, don't just stop. Share that you feel that you're not a great match after all, wish him or her well, and then move on. Same idea for after a first date even.

Have an escape plan

When you do meet, do so in a public place that you're familiar with. If you're a student, meet close to your university or college. If you're working or at home, meet at the coffee shop in your building or close by. That way, you know where to go or turn to if you feel vulnerable. Also, let a friend or family member know who you are meeting and where.

One dater shared that she had a friend contact her a half hour into each first meeting so that she had a way out if she wasn't comfortable or enjoying herself.

No escaping who you really are

One of the great things about social media, Facebook and the Internet is that your date can't hide from who he or she really is. Chances are that if you have a bad reputation or treat people poorly, your potential date will figure that out pretty quickly.

So, even if there are plenty of fish, if you're looking to catch a really good one, you may want to take a fresh look at what others are seeing, and think about whether you're attracting the kind of attention you had hoped for.

Reeling one in: There are plenty of fish in the online dating sea. ISTOCK IMAGES

SARA DIMERMAN IS REGISTERED WITH THE COLLEGE OF PSYCHOLOGISTS OF ONTARIO AND PROVIDES COUNSELLING TO INDIVIDUALS, COUPLES AND FAMILIES. SHE IS THE AUTHOR OF THREE BOOKS, INCLUDING HOW CAN I BE YOUR LOVER WHEN I'M TOO BUSY BEING YOUR MOTHER: THE ANSWER TO BECOMING PARTNERS AGAIN. VISIT HER WEBSITE AT HELPMESARA.COM

4 SPORTS

Rugby

Busy year for Canada in Rugby sevens

A year away from the Rugby World Cup Sevens 2013 in Moscow and Canadian sevens boss Geraint John's datebook is already full. The Canadian men will gather next week in Victoria, ahead of an Aug. 10-12 selection camp in the B.C. capital and the North America/ Caribbean qualifying tournament Aug. 25-26 in Ottawa. The region will send two teams to the 24-country men's half of the world sevens championship, with Canada and the U.S. favoured to go through. Canada and the Americans will also both be full participants in the expanded 10-team IRB World Series starting in the fall as world rugby starts the road to Olympic participation in 2016.

THE CANADIAN PRESS

Mobile news

Twitter says its users fired off more than 15,000 tweets per second when Spain scored its fourth goal in Sunday's Euro 2012 final. Such records are constantly being set as fans increasingly use social media to connect during major sporting events. Scan the code for the story.

Parise and Suter put signings on hold

NHL. Prized free agents play waiting game while Brodeur stays put in New Jersey

Zach Parise needed more than 24 hours to choose which hockey team to make happy.

"I'm getting closer but haven't made a decision," Parise told reporters Monday in Mississauga, Ont., according to The Canadian Press. "I haven't set any deadlines."

New Jersey is hoping to keep Parise, who became a free agent Sunday when he didn't re-sign with the Devils. Pittsburgh, Detroit, Minnesota and Nashville are among the teams trying to lure him away from the only team he has played for in his NHL career.

The 27-year-old forward and 27-year-old defenceman Ryan Suter were the top players to hit the market. Suter, who also has played for only one team, the Nashville Predators, wanted more than a day to pick a place to play as well.

American muscle

Parise, who is from Minnesota, and Suter, a native of Wisconsin, helped the U.S. win silver at the 2010 Olympics.

New Jersey did make a splash Monday morning, however, signing Martin Brodeur to a new two-year contract.

After testing free agency for the first time in his career, Brodeur, 40, earned a pact worth $9 million US. More than likely, the goaltender will finish his career with the Devils.

The NHL's all-time leader in wins and shutouts, Brodeur has led the Devils to three Stanley Cups and two other finals, including a loss to the Los Angeles Kings in six games this past season.

Meanwhile, the Montreal Canadiens locked up goaltender Carey Price for the next six years.

Price played 65 games for the Canadiens last season. The two-time all-star posted a 26-28-11 record with a 2.43 goals-against average, a .916 save percentage and four shutouts.

THE ASSOCIATED PRESS/ THE CANADIAN PRESS

Tour de France rolls through Belgium

The peloton rides through the countryside in Vise, Belgium, on Monday during Stage 2 of the 2012 Tour de France. Mark Cavendish led a bunch-sprint finish Monday to win the stage, while Fabian Cancellara retained the yellow jersey after the mostly flat ride. Victoria's Ryder Hesjedal finished 49th in the stage and remained 10th overall, 18 seconds behind Cancellara. DOUG PENSINGER/GETTY IMAGES

Wimbledon. Sharapova overpowered by Lisicki

All at once, there was a frenzy of activity at a wet and windy All England Club early Monday afternoon.

Top-seeded and 2004 Wimbledon champion Maria Sharapova, a big hitter in her own right, was overpowered in a 6-4, 6-3 loss to No. 15 Sabine Lisicki. Four-time title winner Serena Williams was locked in a three-set tussle against a wild-card entry who is ranked 65th but is responsible for the only perfect set in women's professional tennis. Defending champion Petra Kvitova was trying to come back after dropping her opening set.

Yaroslava Shvedova gave

Maria Sharapova, above, lost to Sabine Lisicki 6-4, 6-3 on Monday.
SANG TAN/THE ASSOCIATED PRESS

13-time major champion Williams all she could handle over the last two sets before losing 6-1, 2-6, 7-5. Williams will next face Kvitova, who came back to beat Francesca Schiavone 4-6, 7-5, 6-1. THE ASSOCIATED PRESS

NHL

Torres ban cut by four games

Seventy-six days after Raffi Torres concussed Marian Hossa and 46 days after he appealed the 25-game suspension that followed, the Phoenix Coyotes forward was awarded a reduced sentence.

NHL commissioner Gary Bettman deemed Torres' hit to be worth four less games than disciplinarian Brendan Shanahan after an appeal.

Torres already served 13 games of the suspension during the playoffs. He still has to sit out the coming pre-season as well as eight regular-season games.

THE CANADIAN PRESS

Olympics. No repeat of 8 gold medals for Phelps

There won't be a Beijing repeat in London. Michael Phelps has dropped one of his eight Olympic races. Phelps' coach, Bob Bowman, announced Monday on the final day of the U.S. swimming trials that Phelps was scratching the 200-metre freestyle, leaving him with seven events at the London Games.

The decision removes the chance of Phelps matching the record eight gold medals he won in Beijing.

"It's so much smarter for me to do that," Phelps told The Associated Press. "We're not trying to recreate what happened in Beijing. It just makes sense."

Bowman said his main concern was Phelps being fresh for the 400 freestyle relay. While the U.S. has traditionally dominated that event, the Australians are favoured for London. THE ASSOCIATED PRESS

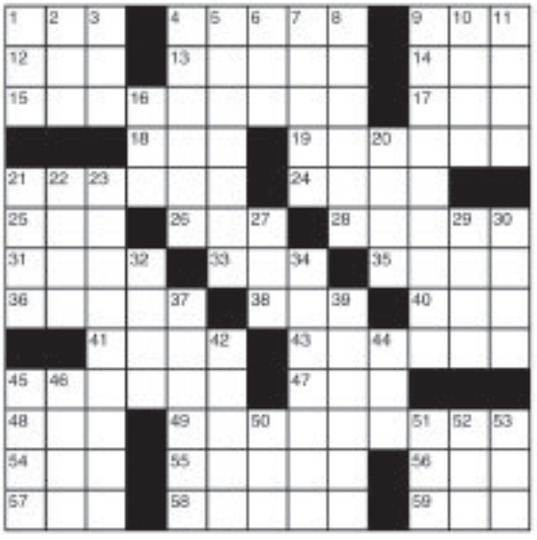
Qualification

5

Phelps qualified in five individual events for London and is expected to swim all three relays. On Bowman's recommendation, he decided to focus on the 200 and 400 individual medley and the 100 and 200 butterfly.

Across
1 Take the prize
4 Conversations
9 Gear tooth
12 Hubbub
13 Embankment
14 Mine matter
15 Obese
17 Hastened
18 Choice (Abbr.)
19 Fastener shot from a gun
21 On top of the world?
24 Ticklish Muppet
25 Bill and —
26 Kvetch
28 Bizarre
31 Throw hard
33 Pitch
35 Red-tag event
36 Washington Nationals, once
38 Jewel
40 Aviv preceder
41 Curved molding
43 Antics
45 Seoul man?
47 Call-day link
48 Lawyers' org.
49 Blood cell
54 Up to
55 Yellow-brown color
56 Plead
57 41-Across' shape
58 "— Line Is It Anyway?"
59 Droop

Down
1 Servicewoman
2 "— not choose to run"
3 Neither partner
4 Tip off
5 Witch
6 St.
7 Nervous
8 Make a compromise
9 Related to big business
10 Verbal
11 Kelly or Hackman
16 Calif. winter hrs.
20 Iowa city
21 Liniment target
22 Sauce thickener
23 Sarges' subordinates
27 Joke
29 Robert of "The Sopranos"
30 Morays
32 Theater box
34 Cookbook collection
37 Dugong
39 Ripen
42 Tennyson's "— Arden"
44 Faux —
45 Shakespeare's shrew
46 Kimono sashes
50 Pi follower
51 Couric's network
52 Meadow
53 Early bird?



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9							4
		6	8					
4		2		6	5			3
					4		8	9
		3		2		4		
7	5		3					
3			1	9		7		8
					8	5		
8							6	

Yesterday's Sudoku

6	7	2	4	8	9	5	3	1
1	5	9	7	3	2	8	6	4
8	4	3	1	5	6	7	9	2
2	8	1	5	4	3	6	7	9
7	3	5	9	6	1	4	2	8
4	9	6	2	7	8	3	1	5
3	1	8	6	9	4	2	5	7
9	6	7	8	2	5	1	4	3
5	2	4	3	1	7	9	8	6

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SNKV ZEAK JYKGEQKVP FFYCV IKAFXK NHVLYD, DCH XELNP GHJJCGK NEG MFZCYEPK MCCQ SFG F IHYY-EPC.

Yesterday's Cryptoquip: WHEN PEOPLE HAVE TO TRIM DOWN A FEW ENVELOPES, COULD THEY USE A PAIR OF MAIL CLIPPERS?

Today's Cryptoquip Clue: F equals A

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You need to be more emotionally open with those you live, work and do business with, but not so open that you reveal all your secrets.

Taurus | April 21 - May 21. The amount of time and effort that has gone into your attempts to change a habit could have been used for more productive ends.

Gemini | May 22 - June 20. Mars, planet of ego and energy, moves into the most dynamic area of your chart today and soon you will be feeling on top of the world again — which is where you belong.

Cancer | June 21 - July 22. Today's cosmic activity urges you to put negative thoughts behind you and believe that your life is everything it could be and more. Positive thinking is a powerful force.

Leo | July 23 - Aug. 22. The next few days will be extremely busy for you, especially socially where you will be in demand like never before.

Virgo | Aug. 23 - Sept. 22. As Mars moves out of your birth sign today your confidence may dip a little, but it's no big deal. Focus on what you own and are earning.

Libra | Sept. 23 - Oct. 22. Mars, the planet that makes things happen, joins Saturn, the planet that stops things from happening, in your birth sign today. But that's OK. You'll find ways to make the combo work.

Scorpio | Oct. 23 - Nov. 21. Some kind of hidden knowledge is about to be revealed to you and if you use it wisely, your existence may well be transformed. There is more to life than meets the eye. Use your inner eye to see with today.

Sagittarius | Nov. 22 - Dec. 21. Group activities will be a lot of fun today and if you play your cards right you will impress some important people too.

Capricorn | Dec. 22 - Jan 20. New opportunities in your work or career are about to arrive. How you use them is up to you but use them you must. It's a chance to move up.

Aquarius | Jan. 21 - Feb 18. The past few weeks have been tough but with Mars moving in your favour, better times are about to begin. If you get the chance to travel, take it.

Pisces | Feb. 19 - March 20. Don't let minor setbacks worry you because overall your prospects are amazingly good. Where joint business issues are concerned you must be more willing to take a risk.

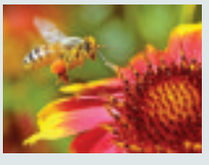
SALLY BROMPTON

Caption Contest

"Rare ... well done .... and cordon bleu?"
David

THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

easy — hard

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at **metropolitanpanel.com,** choose your country and join the global conversation!
metropolitanpanel.com
Metropolitan
Panel